



Essential Meditation Techniques

*A Beginner's Guide to
Liberating the Mind*

M.E Dahkid

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M.E. Dahkid

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Introduction

I want to thank you and congratulate you for downloading the book, “Essential Meditation Techniques” .

This book contains effective methods and techniques for anyone who wants to bring positive changes to their lives through the ancient principles and practices of meditation. Although a great number of people try meditation at some point in their lives, a small percentage of them actually stick with it for the long-term. This is unfortunate, and a possible reason is that many beginners do not begin with a mindset needed to maintain the absolutely wonderful practice of meditation.

As human beings, we are vexed with stress. We hear about meditation and its promise of peace and we are naturally drawn to meditate. With this book as your guide, you will discover the useful techniques, essential information and practical skills to help you achieve a successful meditative state

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1 – What Is Meditation Anyway?

Meditation is one of those words that resonate with a lot of people. But what do you think of it? Is meditation just about merely going to the park, sitting under an oak tree in a cross-legged position and staying very still? Or is it something else?

Meditation is the art of directing 100% of your attention in one area. The practice comes with countless well-publicized health benefits including increased concentration, decreased anxiety, and a general feeling of happiness. There are so many incorrect connotations about meditation out there; it's easy to get lost in the crowd. My primary goal behind this book is for you to know what meditation really is about and what its various types are.

The History of Meditation

Mr. Webster defines meditation as a practice where one spends time in silence either for a religious purpose or for relaxation. Who invented meditation, how it was invented and which type of people first practiced it is all a mystery.

One thing is for certain, though. Way before mankind learned how to write and record various things around him; meditation had already been in existence. Meditation had a lot to do with the various prehistoric religious practices all over the world. It was typically done in a series of verbal chants; most cultures believe that meditation is a way to communicate to non-visible spirits.

As time passed, meditation evolved into so many forms. Meditation became more and more evident as numerous records of it appeared in various stages of world history. People from all over the world belonging to ancient antiquity, Middle Ages, modern and contemporary periods have practiced meditation.

Today, meditation is not just a spiritual practice. It is also considered as an exercise, a therapeutic method and even a healing method among other things. But even if it has evolved through the years, meditation methods really have not changed much. The meditative practices have definitely withstood the test of time and are not that distant from the practices that have been done a very long time ago.

The Different Types of Meditation

Contrary to popular belief, one does not just sit and stay still just because he wants to experience comfort and relaxation. Although relaxation is one of the aims of meditation, it is not just what it is all about.

In fact, meditation can offer more benefits that you can probably think of. And meditation comes in various types.

In the following chapters, you will be able to learn about four different types of meditation. These are focused meditation, mindfulness meditation, mantra meditation, and movement meditation.

Chapter 2 - Focused Meditation

The most popular form of meditation is focused meditation or concentration meditation. This is what most people know of when it comes to the idea of meditation. This means that they have to focus their mind on a particular thought. The mind right now is focused on so many things at once and you might not notice that.

By learning how to focus on one thing and learning how to eliminate unnecessary distractions, you get to have a clearer and a better-functioning mind. Surprisingly to most people, even if your mind is at work at focused meditation, it can help a lot in bringing relaxation.

What are the Benefits of Focused Meditation?

- *It liberates the mind*

- A cluttered mind can have so many negative effects on a person. Usually, a cluttered mind breeds various types of mental and emotional problems. These problems include anxiety and even depression.

Of course, a cluttered mind can also be the cause of various physical illnesses including fever or even extreme fatigue. If you think that you just could not take it anymore, you can always do focused meditation. Focused meditation helps clear your cluttered mind.

With a clear mind, you can start dealing with your problems one by one, hoping you would be able to handle them better by then.

- *It improves your concentration*

- Are you having a hard time concentrating on a certain thing? You might be having a hard time concentrating on a book you are reading or you might find yourself distracted easily.

Well, focused meditation can help you a lot in having a good concentration. With better concentration, you get smarter and you get to have a better memory.

Even if you are not meditating later on, you would find that your focus in general has improved a lot through constant focused meditation. In fact, there are therapists who use focused meditation to treat people who have attention deficiency disorder.

- *A higher level of compassion*

- A revolutionary research concluded that focused meditation can have a positive effect on one's level of compassion. The study shows that those who underwent focused meditation had a higher level of emotional reactions when exposed to certain images.

Disturbing images surely had a big effect on these people. So if you feel that you are a rock and you do not find your eye shedding even one tear after watching a very dramatic movie, you might definitely want to try focused meditation.

Focused Meditation Techniques

- *Listen to music*
 - So many meditation practitioners find it a lot easier to concentrate if music is playing in the background. In meditation, not just any type of music can be used. One has to rely on soft, soothing music so that he can concentrate even better.

The music genre that works best is what is referred to as new-age music. It is a down-tempo type of music that makes use of synthesizers, traditional instruments, and exotic instruments.

Oftentimes, these instruments are accompanied by natural sounds such as the sound of rushing water or the sound of singing birds in order to create a beautiful, relaxing effect. You can always surf the Internet in search of new age music. But then again, you do not have to rely on new age music. So long as the music of your choice helps you relax and focus on a certain thought or thing, it can be used.
- *Think of nothing but your breath*
 - Most beginners would find it hard to focus on a certain thought. Well, you can always focus on your breath for a start. Inhale and exhale very deeply. Focus on the way you breathe.

Now, you would be able to focus on your breathing better if you close your eyes. But then again, there are those people who can focus even with their eyes half-open or fully-open. One tip to focus on your breathing easily is to simply inhale and exhale in ten second intervals. Concentration on your breath, as well as concentration on other things later on would have to take about fifteen minutes. Do not be wary of the time though. That is just an estimate.
- *Choose a good target*
 - If you think that you can focus on another thing aside from your breathing then by all means do so. There are so many things that you can focus on - be it the sound of the music you are listening to, your beautiful significant other, your beloved child, or even your favorite animal.

Now, when you think, you do not let your mind think about how things might go in the future or how a certain person might be affecting your life. Avoid letting your mind get cluttered again. It simply must be clear.
- *Focus on something you can see*
 - Focused meditation is usually done while one is closing his eyes. After all, meditating with the eyes open can be very hard to do. But there are also beginners who find it hard to focus on a certain thought even if their eyes are closed. Thus, it would be practical for any beginner to simply focus on something he can see.

If you want, you can try lighting up a candle and simply focusing on it as you meditate. Other things such as a waterfall display or even a beautiful painting can also be used for focused meditation.

Finding the Right Place to Practice

Focused meditation should be done in a place where you will be free from any form of distraction. Obviously, you have to stay away from places where there is a lot of noise. You cannot be in a room where you can hear the TV and radio playing or even in a room where you can hear the traffic noise outside.

Well, you can always isolate yourself in your attic or even in your basement especially since these are usually the quietest areas in the household. Of course, you can even leave your urban home and go to a place where you can enjoy peace and quiet. What is important is for you to do your meditation at a place where you would not be distracted easily.

Chapter 3 - Mindfulness Meditation

One of the most popular types of mediation is mindfulness meditation. It mainly revolves on meditation on one's environment. Therefore, it is often referred to as awareness meditation. The goal of mindfulness meditation is for one to be totally aware of his surroundings.

Have you taken some time in hearing all the possible sounds within your hearing range? Have you taken time to feel the possible textures that you can at the moment? Have you taken time in seeing all the things that you can possibly see?

Mindfulness meditation takes away your focus on the so many things that are cluttered on your mind and then directs your concentration on your environment. The difference between focused and mindfulness meditation is that the former simply focuses on one thing while the latter is more flexible since it lets your mind dwell on various sorts of things. If there is one thing that you lose if you choose mindfulness meditation over focused meditation, then that would be the benefit of concentrating better.

Mindfulness meditation can offer a lot of things. Relaxation is one thing that mindfulness meditation can offer you. In fact, all types of meditation can help you relax. Thus, expect that relaxation will not be heavily emphasized in this chapter or in the following chapters except if that is necessary for context.

The Benefits of Mindfulness Meditation

- *A new state of consciousness*

- One of the things that mindfulness meditation can offer is that it lets you enjoy a new state of consciousness. Your current state of consciousness is somehow clogged up and if you have been working hard for a very long time today, then your consciousness might definitely be disabled by stress and fatigue. Well, mindfulness meditation lets you explore not just one but numerous other states of consciousness. There are so many perspectives through which you can be conscious right at this very moment.

- *Prevention of unnecessary emotions*

- Mindfulness meditation lets you be aware of numerous other things that your current consciousness has not been noticing that much. As a result, you can use it to distract yourself from unnecessary emotions or impulses. For instance, you feel very, very hungry even after you just ate a hearty meal. You know that your mind is playing with you. You know that your body does not need those extra calories since you have just eaten. You can use mindfulness meditation to get rid of this unnecessary impulse. It is for this reason that people who are suffering from eating disorders, as well as those who are suffering from various types of addiction find mindfulness meditation very useful.

- *An appreciative character*

- Do you find yourself complaining about numerous things? You might be complaining about your job or you might even be complaining about how boring a Monday can be.

There are so many things to complain about in life. However, if you practice mindfulness meditation, you will find out that there are tons of things you can be appreciative of.

In fact, there might be even more things to appreciate than there are things to complain about? Eventually, you will find ways to be appreciative of so many things – things that you probably have not noticed before.

Mindfulness Meditation Techniques

You have already read earlier on how to practice focused meditation. Now how do you go about practicing mindfulness meditation?

- *Do not focus too much on one thing*

- One important thing about mindfulness meditation is that you should never focus too much on one thing. Once you have started appreciating, say, the chirping birds, you have to proceed to another thing that you can be mindful of. Remember that mindfulness meditation is about being aware of your surroundings and not just some parts of your surroundings. Let your mind be a fluid that constantly flows from one thing or another.

Mindfulness meditation is not classified as a fleeting-type of meditation for nothing. Again, you have to use your senses to explore every possible thing your mind can comprehend. It is because of this aspect that mindfulness meditation does not help improve your concentration like focused meditation does.

- *Listen, listen, and listen*

- In order to be mindful of things, it is important for you to use your senses. Mindfulness meditation works best if one uses their sense of hearing.

You have to shut off all your other senses and use your ears to hear all the possible sounds you have to hear. So in a noisy environment, you can simply listen to the ticking sounds that the grandfather clock near you makes.

You can even try to locate the most distant sound that you can appreciate. Block all other noises and listen to that sound instead.

- *Feel what you can feel*

- An effective method to practicing mindfulness meditation is to simply feel or scan your body parts. Pay attention to your feet, then your calves, then your knees and continue to feel all the body parts as you go in an upward position. Remember to feel your internal organs as well. Doing this can really help you feel relaxed.

You can scan your body parts most effectively if you do it while lying on your back. You can also pay attention to the things that you can feel aside from your body parts. For example, you can appreciate the warm summer heat on your skin as the breeze blows on it.

- *Try your other senses*

- The two most popular methods of practicing mindfulness meditation is to simply hear and feel. But you can use your other senses as well. You can use your nose to smell the pecan pie being cooled off in the kitchen. You can even use your sense of

taste to savor that flavor that your mouthwash has created.

Now, using the eyes for mindfulness meditation might not be as effective as using your other senses. After all, the eyes can easily get distracted. But if in case you conduct mindfulness meditation, make sure you do it the way you do with the other senses.

- *Try various methods*

- Mindfulness meditation is not something that you can do by simply sitting down and staying on one place. There are so many ways on how you can do it. Yes, you can observe or appreciate so many things with mindfulness meditation while staying still. But you can do that as well even while taking a stroll around your neighborhood. And when you walk, you should kiss the earth with your feet as Thích Nhất Hạnh, a Buddhist expert, once said. You can even conduct mindful meditation even while driving.

The Best Places to Practice Mindfulness Meditation

The best thing about mindfulness meditation is that it can be done anywhere. Of course, it can be done in a very quiet and isolated location such as one's garden. But one does not have to seclude himself from the rest of the world just so he can do this type of mediation.

Even in a very busy city where there is a lot of noise, mindfulness meditation can still be done successfully. In fact, the more variety in noise a person can be exposed to, the better. That is why mindfulness meditation is done in areas where there is noise pollution.

Chapter 4- Mantra Meditation

Another form of meditation is what people refer to as the mantra meditation or ohm meditation. It is a certain type of meditation where one meditates on a series of syllables or words known collectively as the mantra. Some people refer to this type of meditation as transcendental meditation.

Listed below are the possible benefits of mantra meditation. As you read further in this chapter, you will see how certain techniques can help you get these benefits.

What are The Benefits of Mantra Meditation?

- *Treating physical problems*

– So many religious groups of various cultures believe on the positive effects of mantra meditation on one's physical condition. Since mantra meditation, in particular, is believed to cure a person out of tension, stress and other emotional problems, some people believe that it can also cure different types of diseases.

Of course, mantra meditation is not expected to work for everyone but there are just some who can be treated with it. So many people, particularly in India, attest as to how their health was improved with the help of mantra meditation.

The ability of mantra meditation to treat physical problems is somehow approved scientifically. The chanting of certain sounds encourages the brain's hypothalamus to release happy hormones. These happy hormones are known to improve one's appetite, sleep, as well as their general health.

- *A higher level of self-esteem*

– Believe it or not, meditation is said to have a positive effect on one's self-esteem. This has something to do with one's choice of mantra. Since the mantra basically has to be repeated, it can have a big impact on one's way of thinking.

People who think that they are physically unattractive are encouraged to do mantra meditation. They should meditate on a mantra like "You are beautiful. You are beautiful. You are beautiful." It is not a surprise why a lot of psychiatrists try mantra meditation to treat their patients. Mantra meditation has a lot to do with conditioning one's mind. One can even assume that it is a sort of self-brainwashing practice.

- *A higher level of self-confidence*

– How mantra meditation affects one's self-esteem can also affect one's self-confidence in the same way. If you happen to see a student asserting to his or herself "I will pass this test. I will pass this test. I will pass this test" before taking an exam, he is in a way doing mantra meditation.

It is advised for anyone to do some mantra meditation in order to boost himself before doing something he fears about. This might be talking to a large group of people, asking a special someone out and like the example above, taking a test.

- *A higher spiritual level*

– Obviously, since mantra meditation has religious origins, there are those who believe that it can affect a person's spirituality. It is believed that mantra meditation can bring a person closer to the divine being he is worshipping.

And take note that it is not only in Hindu and Buddhist religions where mantra meditation is encouraged. For example, in Christianity, Christians are encouraged

to meditate on the words of the Holy Bible.

Mantra Meditation Techniques

Follow these tips if you want to practice mantra meditation effectively:

- *Get plenty of rest*
 - Before you do mantra meditation, it is very important for you to get enough rest. Mantra meditation will not be very effective if you have just finished your 12-hour work. You have to make sure that your body is fully-rested. But then, you should also make sure that your body has not overslept.

If you are a grown adult, you should get at least seven to eight hours of sleep. Any amount below or above that number might have a bad effect on your mantra meditation. You also have to make sure that you are already asleep at around 9pm. This is so that you would be able to wake up at around four to six in the morning.

From three in the morning to six in the morning is what comprises the brahma-muhurta period. It is the period believed to be perfect for a mantra meditation.
- *Proper chanting*
 - The majority of mantra experts believe that you have to pick the ‘right’ type of mantra in order for it to work. Mantra can come in various forms and lengths. A certain mantra would definitely have a different effect than another.

Consequently, one should be really careful in the type of mantra he uses. The most popular mantra is om or aum. That is why mantra meditation is referred to as the ohm meditation. This chant is the most effective when it comes to creating vibrations throughout the body – vibrations that allow the practitioners to reap various benefits from.

In the Internet, there are tons of possible chants out there that one can use. Some examples include lam, vam, and ram. Religious phrases can also be good examples of good mantra.
- *Sing if you want*
 - Chanting does not necessarily have to be secluded to boring set of words spoken in a monotonous tone. You might also want to chant while adding a bit of tune in it. Most experts believe that, if you possess it, you should use your musical talents in order to meditate more efficiently.

If you want, you can chant while good music is playing in the background. Again, you do not have to restrict yourself to new age music alone. You can always listen to any type of music that helps you relax easily.
- *Use meditation beads*

– In order for you to have a more efficient mantra meditation session, you can always use meditation beads. These consist of a certain number of beads. The beads help you keep track of how many times you have said a certain mantra.

You do not have to get those authentic mantra meditation beads if you do not want to. Your jewelry can work. But of course, this is something that conservative mantra meditation practitioners oppose. You can always purchase these beads online or you can purchase them at your local bazaar.

- *Do it regularly*

– Mantra meditation, unlike other types of meditation, is not something that you do just whenever you are stressed out. It is recommended for you to conduct mantra meditation regularly – every day if possible, especially if you think that it is bringing a lot of positive effects in your life.

In mantra meditation, you repeat your mantra again and again. That somehow symbolizes how sessions have to be done in order for you to get the best out of this special type of meditation.

Best Places for Mantra Meditation Practitioners

There is no specific rule as to where one can practice mantra meditation. But since you would have to meditate on a few words and phrases, you could always opt for a solitary and secluded area.

An area that is dimly-lit will do great. That is why doing mantra meditation as the sun rises to overcome the darkness is very practical. However, mantra meditation practitioners never strictly conduct their meditations in totally secluded areas.

In fact there are some who do their meditations in an area where other meditations are present as well. Sometimes, they chant the same mantra and sometimes they don't.

Chapter 5 - Movement Meditation

Meditation does not really require one to sit still. This is proven by movement meditation. Movement meditation encourages a person to focus and meditate on his movements rather than his thoughts and other things.

The Benefits of Movement Meditation

- *Gets rid of stress easily*
 - As mentioned earlier, all types of meditation help in getting rid of stress. But movement meditation is believed to be the most effective regarding this aspect.

In this type of meditation, you get to move your body in a repetitive manner. Since your body is heavily involved, it would be as if you are doing exercise. Thus movement meditation is both meditation and exercise at the same time. And exercise is a very great way to get rid of stress and mental pressure.
- *It improves your breathing*
 - One of the benefits that are believed to be brought by movement meditation is improved breathing. In movement meditation, one gets to learn how to breathe properly as he gets more familiar with the movements that he is making. Later on in this chapter, you would find out how to effectively breathe during movement meditation.
- *It benefits the heart*
 - Another good thing about movement meditation is that it benefits the heart since it can be classified as a type of exercise. Movement meditation can help one achieve a better heart rate, as well as improve symptoms of heart congestion. Also, movement meditation can help lower your blood pressure.

So many people are suffering from heart problems these days and it is because of these problems that a lot of people die. It is always a good thing to use meditation in order for you to have a healthier heart.
- *It connects you more to your kinesthetic side*
 - Every person has his own kinesthetic side. A kinesthetic individual is one who interacts more on physical aspects rather than auditory or visual aspects. There are people who learn better and communicate better because of their kinesthetic abilities. Who knows? Improving your kinesthetic side might make you better at learning and interacting.
- *It improves balance and flexibility*
 - Depending on what movements you do while doing the habit, your balance and your flexibility can be greatly improved. Your movements will have to consist of balancing as well as stretching.

This, of course, is if you practice movement meditation regularly. This is not

something you can do once only to expect immediate results. Contemporary dancers, ballerinas, and even martial artists have their own share of movement meditation lessons.

Movement Meditation Techniques

There are so many ways on how movement meditation can be done. After all, it consists of numerous other types of meditations. Here are some tips on how you can best benefit from it:

- *Do it when you have energy*

- It is not advised to do movement meditation whenever you are feeling very tired. Like mantra meditation, this type of habit should only be done when your energy is at its peak. Therefore, doing it after you wake up in the morning or doing it a couple of hours after you had a good breakfast is very practical.

- Now you might say that you can always drink a bottle of energy drink. Do not do that! An energy drink can definitely change how you benefit from movement meditation. An energy drink might even prevent you from getting peace of mind – something every meditation practitioners really want.

- *Breathe properly*

- Before you start doing some movements, it is very important to condition your breathing. First, you have to start breathing slowly and filling your lungs every time you exhale. Then speed up your breathing rate for a little after every breath you take.

- Eventually, you would have to do full yet very quick breaths. It is important to time your inhales and exhales with every movement you make later on so that you will not get tired easily.

- *Move and stop*

- In order for you to be able to meditate on your body movements, you would have to conduct a procedure referred to as move and stop. For a certain period, say, ten minutes, you would have to do random movements in a very energetic way. You can dance to a certain song if you want to. Never limit your moves.

- Be free and let your body take control over you. Then after ten minutes you have to jump up and down in one place for another ten minutes. Slow down as your time is up. Then freeze. Meditate on how your body reacts to what you just have done. Meditate for another ten minutes then do the entire process again if you like.

- *Walking around*

- Earlier, I mentioned that walking around can help you do mindfulness meditation. However, you can also walk around so that you would be able to do movement meditation.

All you have to do is to walk around and then take rests from time to time just like in a move and stop method. Who would have known that trekking a mountain trail or simply walking around the park can help clear your mind easily?

- *Move your body slowly*

– Now, your body does not have to be very active if you want to do movement meditation. In fact, you can do this form of meditation in a very slow manner. This is where yoga positions come in handy. Focus on how you move your body as you shift from one meditation position to another. Notice how your muscles stretch. Pay attention to how your body balances itself.

- *Do Tai chi*

– One of the most popular forms of movement meditation is Tai Chi. You might be in a community where old people gather at the park every Saturday morning in order to do some slow-movement choreography while listening to slow music. What they are doing is Tai Chi. This form of exercise can be effectively turned into a form of movement meditation.

The thing that makes Tai Chi really fun is that you get to do it with other people. But you can also do some Tai Chi moves on your own. Feel how a set of slow movements affect your body.

- *Just Dance*

– Dancing is also another form of movement meditation. Just make sure to put emphasis on meditating on your body movements. Note that it is usually the dancers who benefit the most out of movement meditation since they are very much well-acquainted with various body movements. All they have to do is to deeply feel every movement they make.

Best Places for Movement Meditation

Movement meditation can be done almost everywhere. Just make sure that there is enough space for your movements. Your spacious bedroom would do great. Your lawn would also be an ideal place provided you do not make a fool out of yourself in front of your neighbors.

If you want, you can go to a dance studio or even a yoga studio. And if you want to do Tai Chi, you can always do it with some friends or even with the seniors at a nearby park on a Saturday morning. After all, doing movement meditation is more fun if you do it with other people. Your ideal place would also depend on how you plan to practice your movement meditation.

A Final Word

It has been said that persevering and maintaining regular sessions of meditation is marked in our mind as something hard. The truth is, in practically every meditation technique there is some sort of responsibility - the responsibility to keep the mind in the present, to keep it aware and mindful, to keep it from moving and following desires and stimulations and so on. These are the main characteristics of almost all the effective meditation techniques.

Meditation is not necessarily hard, but it's also not supposed to be easy. Some people spend their entire lives trying to master it. There is no secret to it, no tricks or shortcuts. One thing I can say is to focus on the breath. I know that's vague, but when it happens, you'll understand. All I can say is, don't give up, the more you practice, the easier it'll get.

Thank you again for downloading this book!

Finally, if you enjoyed this book, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

Thank you and good luck!

Preview Of [‘Chakras- The Essential 7’](#) by M.E. Dahkid

Chapter 1 – Chakras- What are they exactly?

There is a good chance that you already have some awareness of the word ‘chakras’. Perhaps you’ve seen pictures, overheard conversations, or lightly dabbled in the energy systems of the body. Many in the western world are unfamiliar with what the chakras are, and how they affect our everyday lives, including our health

Even if you are new to exploring holistic health and alternative medicine, or even other religious ideas and theosophical pursuits, having a firm understanding of this intricate energy system will definitely benefit everyone. The interesting thing about chakras is that, like gravity, whether or not you are paying attention to them, they play a role in your emotional, physical, and spiritual health.

Origins of the Chakras

The word Chakra is derived from Sanskrit, the ancient Indian language. This ancient Sanskrit word literally translates as, “wheels of light”. These wheels of light are located vertically in the center of your body, aligned approximately with your spine.

In his critically acclaimed meditation book *Mind in Comfort and Ease*, His Holiness the Dalai Lama discusses the locations of the Chakras, and the life-influencing energies that flow through them. He is one of the many spiritual and scientific leaders who frequently discuss the crucial role Chakras play in our lives.

In Hinduism, meditations would be done on a particular chakra in order to tap into its spiritual energy systems. Each energy system is vibrating at a different frequency than the others; therefore it is responsible for different aspects of the physical and emotional body. Each chakra holds a unique set of energies, and when one is blocked it affects all other parts of the body.

The chakras are known, when properly used, to vitalize the physical body of anything from headaches to blood clots and are also associated with interactions of mental nature like depression or schizophrenia. They are considered loci of life energy, or prana, which flow among them along pathways called nadis much like the neropathways in the brain.

The Essential Seven

There are essentially seven chakras in the human body. These are 7 circular vortexes of energy (or sometimes pictured as flowers with petals) starting from your tail bone, and ending at the crown of your head. These chakras are also known as the prime sources of energy. Chakras are considered to be the points that support both the inward and outward flow of the energy. The main function of chakras is to vitalize the body and enhance self-consciousness. The physical, mental and emotional interactions are stimulated by Chakras.

Just like any other discovery there were disagreements among writers on the location of chakras in the human body. Some argued that these energy points were located along the spines; some say that the chakra points were not at all present in the physical body, but are located in multiple spiritual bodies. The chakras activate different areas in a human life. In most people only one or two chakras are active in their proper capacity. In fact, none of the Chakras function properly as ideally the purpose of chakras is to pass energy amongst themselves (i.e. up and down the spine). If one of the middle chakra is not functioning properly, it blocks the flow of energy.

The chakras are aspects of consciousness of just like the auras; hence they are not physical. Chakras interact with the body through two mediums

- Endocrine Glands
- Nervous System

The seven chakras are associated with the seven endocrine glands. It is also linked to a group of nerves known as a Plexus.

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